

Full Report (All Nutrients) 03214, Babyfood, cookies, arrowroot

Report Date: July 04, 2017 21:25 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Carbohydrate Factor: 4.1 Fat Factor: 8.4 Protein Factor:4 Nitrogen to Protein Conversion Factor:5.75

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 cookie 5g
Proximates						
Water	g	5.60	4	0.900	1.59	0.28
Energy	kcal	424	--	--	120	21
Energy	kJ	1772	--	--	502	89
Protein	g	7.60	1	--	2.15	0.38
Total lipid (fat)	g	10.00	--	--	2.83	0.50
Ash	g	1.40	1	--	0.40	0.07
Carbohydrate, by difference	g	75.40	--	--	21.38	3.77
Fiber, total dietary	g	0.2	--	--	0.1	0.0
Minerals						
Calcium, Ca	mg	32	1	--	9	2
Iron, Fe	mg	3.00	1	--	0.85	0.15
Magnesium, Mg	mg	22	1	--	6	1
Phosphorus, P	mg	116	1	--	33	6
Potassium, K	mg	156	1	--	44	8
Sodium, Na	mg	319	--	--	90	16
Zinc, Zn	mg	0.53	1	--	0.15	0.03
Copper, Cu	mg	0.074	--	--	0.021	0.004
Selenium, Se	µg	17.2	--	--	4.9	0.9
Vitamins						
Vitamin C, total ascorbic acid	mg	5.5	1	--	1.6	0.3
Thiamin	mg	0.499	1	--	0.141	0.025
Riboflavin	mg	0.429	1	--	0.122	0.021

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 cookie 5g
Niacin	mg	5.739	1	--	1.627	0.287
Pantothenic acid	mg	0.531	--	--	0.151	0.027
Vitamin B-6	mg	0.040	1	--	0.011	0.002
Folate, total	µg	35	--	--	10	2
Folic acid	µg	25	--	--	7	1
Folate, food	µg	10	--	--	3	0
Folate, DFE	µg	53	--	--	15	3
Vitamin B-12	µg	0.07	1	--	0.02	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	3.86	--	--	1.09	0.19
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.5	--	--	0.1	0.0
Lipids						
Fatty acids, total saturated	g	1.048	--	--	0.297	0.052
4:0	g	0.003	--	--	0.001	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.001	--	--	0.000	0.000
10:0	g	0.001	--	--	0.000	0.000
12:0	g	0.001	--	--	0.000	0.000
14:0	g	0.011	--	--	0.003	0.001
15:0	g	0.075	--	--	0.021	0.004
16:0	g	0.447	--	--	0.127	0.022
18:0	g	0.415	--	--	0.118	0.021
22:0	g	0.094	--	--	0.027	0.005
Fatty acids, total monounsaturated	g	7.922	--	--	2.246	0.396
16:1 undifferentiated	g	0.011	--	--	0.003	0.001
18:1 undifferentiated	g	7.821	--	--	2.217	0.391
20:1	g	0.091	--	--	0.026	0.005
22:1 undifferentiated	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 cookie 5g
Fatty acids, total polyunsaturated	g	0.591	--	--	0.168	0.030
18:2 undifferentiated	g	0.560	--	--	0.159	0.028
18:3 undifferentiated	g	0.032	--	--	0.009	0.002
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0

Amino Acids

Other